

METRO PARKS AND RECREATION 2013 Senior Services

Getting Out!

Louisville Metro Parks and Recreation's two senior centers offer meals, card games, fitness classes, chess club, day trips, water aerobics, billiards, exercise, arts and crafts and much, much more!

SilverSneakers Senior Fitness programming is offered at:

Beechmont Community Center
205 Wellington Ave 40214

Mon/Wed Noon-1 p.m. The
Tue/Thu, 10-11 a.m.



California Community Center
1600 West St. Catherine St 40210

Tue/Thu, 10:30-11:30 a.m.

Douglass Community Center
2305 Douglass Blvd 40205

Tue/Thu, 10:30-11:30 a.m.

Flaget Senior Center
4425 Greenwood Ave 40211

Tue/Wed/Thu, 10-11 a.m.

Mary T. Meagher Aquatic Center
201 Reservoir Ave 40206

Mon/Tue/Thu, 10-11 a.m.

**SilverSplash classes offered here Tue at 9 a.m. and Thu at 2 p.m.*

Sun Valley Community Center
6505 Bethany Ln 40272

Mon, 10:30 a.m., Wed 9:30 a.m.

Wilderness Road Senior Center
8111 Blue Lick Rd 40219

Tue/Fri, 9:30-10:30 a.m.

Daily senior nutrition programs are offered at:

Sun Valley Community Center
502/937-8802

Wilderness Road Senior Center
502/964-5151

Shawnee Arts & Cultural Center
607 South 37th St
502/775-5268

Beechmont Community Center
502/361-5484

For questions about SilverSneakers and all Senior programming at Louisville Metro Parks, call 502/574-2646.

Flaget Senior Center

In Flaget Field Park
4425 Greenwood Ave
40211

502/574-2646
502/574-2831

Wilderness Road Senior Center

8111 Blue Lick Rd
40219

502/964-5151

parks@louisvilleky.gov

Metro Parks conducts social and athletics programs tailored for the needs and interests of seniors.

Seniors programs are held around the Metro area, but two centers are dedicated to these patrons.

All Seniors programs are limited in size, so please call or visit a center one week prior to an event to register. Programs are subject to change or cancellation if minimum sizes are not registered.

Metro Parks Senior Services staff also conducts the annual Fifty and Over Games, and provides programs for senior citizens at the Kentucky State Fair's Heritage Hall.

For more information, call or email us.



METRO PARKS AND RECREATION

Reservations are required for all Seniors programs. Please call or go online early!

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